

For definitions and maximum points see: [How to Earn Points](#)

Complete green cells below	Yellow cells should calculate automatically
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Place points in each cell if appropriate								Point Criteria	
Move More	M	T	W	T	F	S	S	Points	
Move for 30 minutes								0	2 points per 30 minutes per day
Take the stairs								0	1 point daily
Stretch								0	1 point daily
Trade a non-active event/activity								0	2 points weekly
Stress Less									
Stress reduction for 15min.								0	1 point daily
General Health									
Floss & Brush								0	1 point daily
Slept 7+ Hours								0	1 point daily
8-8oz glass of water								0	1 point daily
Worksite Health Promotion									
When the week is finished, report this total score to your Team Captain:								0	